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ABSTRACT

This guide is intended to organize education, service, and action events in conjunction with National Hunger and Homelessness Week, November 13-17, 1995. The guide presents a calendar of events, program tips, recruitment tips, an overview of the program, project ideas for fund-raising and service, awareness activities, fact sheets, and resources information. (EH)

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1995 Fall Organizing Manual

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National Student Campaign Against Hunger & Homelessness

A guide to organizing education, service, and action events in conjunction with National Hunger and Homelessness Week.

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The National Student Campaign Against Hunger and Homelessness

The National Student Campaign Against Hunger and Homelessness (NSCAHH) works with a coalition of students and community members to initiate positive change through education, service, and action to solve the problems of hunger and homelessness. Launched a decade ago by the student Public Interest Research Groups (PIRGs) and USA for Africa, the Campaign is the largest network in the country of students fighting hunger and homelessness, with more than 600 participating schools in all 50 states.

For more information about NSCAHH contact us at:

11965 Venice Blvd. #408
Los Angeles, CA 90066
(800) NO-HUNGR
(310) 397-5270

The Public Interest Research Groups

Founded in 1971, the student PIRGs are statewide, student run public interest organizations working to preserve the environment, protect consumers, and reinvigorate democracy. Students involved with PIRG work with a professional staff to save the last remaining ancient forests, increase recycling, reduce toxic pollution, fight for clean water, and provide community service to help the hungry and homeless. Students have organized PIRG chapters at more than 60 campuses nationwide. The PIRGs effectively combine students activism, grassroots citizen organizing, and professional advocacy to make a difference on issues impacting us all.

To find out more about PIRG, call the national campus organizing office at:

29 Temple Place
Boston, MA 02111
(617) 292-4800

Acknowledgments

This manual has been compiled from information from the National Student Campaign Against Hunger and Homelessness. I would like to thank Bread for the World, Food Research and Action Center, COOL, the National Coalition for the Homeless, Oxfam America, Children's Defense Fund, U.S. Committee for World Food Day, Urban Outreach, Congressional Hunger Center, Food for All, Tufts Center for Hunger, Poverty, and Nutrition Policy, and Habitat for Humanity for their contributions to this manual.

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Dear Student Leader,

Welcome to the National Student Campaign Against Hunger and Homelessness.

We are excited to work with you to build the national student movement against hunger and homelessness. We also look forward to helping you to organize projects on your campus and in your community, and learning about the innovative ways in which you address these issues in your local community.

Founded in 1985 by the PIRGs and USA for Africa, the Campaign has become the largest network of students fighting hunger and homelessness in the country. Since launching the Campaign a decade ago, students have continued to take the lead toward meaningful education, service and action to end hunger and homelessness.

In the Campaign's first year, Amy Carter, then-President Carter's daughter, led a Capitol Hill press conference presenting the U.S. Select Committee on Hunger with giant "Stamp Out Hunger Feet" signed by 85,000 students in 31 states. Also presented was "Portrait of America's Hungry," a research report summarizing the results of the Campaign's first survey of emergency food recipients; the second survey results were published in 1988.

Since that time, we have assisted dozens of schools in beginning Food Salvage Programs; started SPLASH (Students Pushing Legislative Action to Stop Hunger and Homelessness); through the Hunger Cleanup, involved more than 85,000 students and raised more than $1 million for hunger relief; and worked with hundreds of students to organize Hunger and Homelessness Weeks across the country. Through our Annual Conference, thousands have learned more about the issues and gained skills training and program ideas to more effectively organize projects and campaigns in their communities and on campuses. Our most recent program, Project Partnership, seeks to build partnerships within the community to increase the effectiveness of student volunteer efforts.

Throughout history, throughout the world, students have led successful efforts for positive change. The problems of hunger and homelessness are solvable in our lifetime with strong leadership and action. You can provide that leadership and action.

Please contact the Campaign for more information about our programs, for organizing advice, to schedule a training visit with one of our staff, or with good ideas to share with other campuses.

We look forward to tackling the problems of hunger and homelessness with you.

Keep up your important efforts,

Julie Miles
Director

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October 16, World Food Day

The United Nations created World Food Day with the hope that an intense focus on hunger and development issues for one day would inspire year-round action to solve these problems.

October 20-22, National Observance of Children's Sabbaths

The Children's Defense Fund, in cooperation with a wide range of denominations and religious organizations, is coordinating a nationwide observance of Children's Sabbaths on October 20-22. This year's observance focuses on childhood poverty.

November 2-5, *Hungry for Change*, Ninth Annual Conference of the National Student Campaign Against Hunger and Homelessness

To be held at Florida State University in Tallahassee. This Conference offers the opportunity to build knowledge of the issues and skills through speakers, panels, and interactive workshops.

November 13-17, National Hunger and Homelessness Week

Use this week of coordinated events to educate and activate your campus on hunger and homelessness projects. The following are two of the nationally coordinated events taking place during the Week.

November 15 Grate American Sleep Out

The Campaign will organize students across the country to sleep outside on this date to raise awareness about and inspire action to end the problem of homelessness.

November 16, Fast for a World Harvest

Oxfam America and NSCAHH invite you to join thousands of others in taking action against hunger through the annual Fast for a World Harvest.

April 13, 1996, 12th Annual Hunger Cleanup

This national event is a one day work-a-thon in which student volunteers complete community service work projects. Volunteers raise funds for the impoverished by collecting per hour sponsors for their efforts. To obtain your free Hunger Cleanup Manual, please contact NSCAHH.

The Staff of the Campaign

Julie Miles, Director & Field Organizer for the West

After working for several months as the NSCAHH Field Organizer for the West and Midwest, Julie took over as the Executive Director of the Campaign in Spring 1995. Prior to that Julie worked for the California Public Interest Research Group (CALPIRG) for seven years as a campus and field organizer on a range of environmental, hunger and homelessness, and consumer protection campaigns. She worked with students to establish CALPIRG Chapters at UCLA and UC Santa Cruz. Julie has run numerous citizen outreach campaigns and has worked as the Field Director on a statewide solid waste campaign. In college, Julie worked in opposition to some of the first local anti-homelessness ordinances in Santa Barbara.

West: CA, WA, OR, HI, AK, ID, MT, WY, UT, NV, CO, NM, AZ.

Kenya Thompson, Field Organizer, East and South

Kenya was faced with the issues of hunger and homelessness as a child growing up in Africa. After graduating from high school in Africa, she returned to pursue a career helping the impoverished in her native country, the U.S. Kenya attend Florida State University for three years. The problems of poverty in this country compelled her to leave college early in order to work full-time for the National Student Campaign Against Hunger and Homelessness.

East: PA, MD, DC, WV, VA, NJ.
South: TX, OK, AR, LA, MS, AL, TN, KY, GA, NC, SC, FL.

Jonathan Sheff, Field Organizer, Midwest and Northeast

Jonathan began his involvement with hunger and homelessness issues while at school in Montreal, Canada. There he took action to reorganize and restructure a local food bank. He has had extensive experience working with students. He helped to create and lead student groups, both of which still thrive, on two different college campuses. Jonathan graduated with distinction in 1995 from McGill University.

Midwest: MD, SD, NE, KS, MN, WI, IA, MO, IL, IN, OH, MI.
NE: ME, NH, VT, MA, RI, CT, NY.

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The National Student Campaign Against Hunger and Homelessness

Overview

NSCAHH is a network of college and high school students, educators, and community leaders working to fight hunger and homelessness in the United States and around the world. Guided by the belief that young people are in a unique position to make a difference in our society, the Campaign helps them to turn their concern into action. NSCAHH is the largest network of students fighting hunger and homelessness in the country with more than 600 participating campuses.

The Campaign assists individuals and groups leading locally-initiated programs. This support includes program ideas, organizing and educational materials, and encouragement and organizing advice. Launched a decade ago in cooperation with USA for Africa, the Campaign is a project of the Public Interest Research Groups (PIRGs).

NSCAHH's Major Programs

National Conference, Hungry for Change, Nov. 2-5, 1995:

Join hundreds of students, faculty, and administrators from schools across the country for a weekend of learning and sharing. The Conference is a unique opportunity to get program ideas, build project organizing and leadership skills, learn more about the issues, and network with youth and group leaders from across the country. This year's Conference, the Ninth Annual, is hosted by Florida State University in Tallahassee, November 2-5, 1995.

National Hunger and Homelessness Week, Nov. 13-17, 1995:

This Week of coordinated educational and action events is the first step toward thoughtful and effective action. Held annually the week prior to Thanksgiving, Hunger and Homelessness Week combines activities which educate the student population, increase community service and build campus and community coalitions. NSCAHH can supply program ideas and assist students in project planning and implementation.

Annual Hunger Cleanup, April 13:

Held annually in April, the Hunger Cleanup is a national work-a-thon that bridges the gap between the community and student concern for hunger and homelessness issues, raises funds for programs in need, and increases volunteerism. Campus groups raise funds by asking friends and others to sponsor their volunteer hours at neighborhood work projects, such as painting a shelter, cleaning a food bank, or planting a community garden.

To date, more than 85,000 students have raised over one million dollars to support local, national, and international anti-poverty efforts. Join the hundreds of participating campuses in organizing the 12th Annual Hunger Cleanup.

Food Salvage:

Student-run Food Salvage programs salvage unused school cafeteria food and give it to shelters and soup kitchens. In recent years, student-run Food Salvage programs have provided thousands of people with regular food.

Project Partnership:

This program was designed to build relationships between the campus and community and to increase the effectiveness of student action. Project Partnership requires students to do a needs assessment of their local community, then design a program to fill an identified gap in services to the impoverished. Project Partnership projects include programs to provide child care, literacy education, community gardens, food salvage, tutoring, and job counselling.

SPLASH (Students Pushing Legislative Action to Stop Hunger and Homelessness):

Due to student interest in the political process and current legislation effecting the issues of hunger and homelessness, the Campaign created SPLASH, a national student advocacy network. This network can affect change by supporting legislation designed to end the problems of hunger and homelessness through action alerts, letter-writing tables, media and district meetings with legislators.

Contact NSCAHH for more information regarding any of the above projects (800) NO-HUNGR. See publications lists on p. 8 and p. 44 for available project manuals and materials.

How the Campaign Can Assist You

Site Visits

Bring a national staff member to your campus who will help you launch and strengthen programs, develop organizing skills, and update you on the issues. Over the past ten years, NSCAHH has worked with hundreds of students at campuses nationwide.

Campaign staff members conduct one or more workshops depending upon your goals and the amount of time available. Possible workshops include:

Issue Briefings: Why are people homeless in a country which boasts most of the world's wealth? Who is actually hungry? What can we do about it?

Recruitment/Leadership Development: What are the best ways to recruit volunteers? How can you keep people involved and invested in the project? How do you develop leaders to carry on the project? How do you effectively delegate?

Publicity: How can you develop a publicity strategy that ensures your event is the biggest news on campus? How do you hold a press event that the campus and community press will cover? Ways to use the media to educate your community about the issues?

Fundraising: How do you fundraise to ensure that your program has the resources to continue and to expand? How do you raise money to attend conferences and events? How do you organize creative fundraisers to donate to organizations impacting the problems?

Project Planning: How do you plan a project for the year or semester? How do you set specific and realistic goals with checkpoints to assess your progress, trouble spots? How do you develop a well-rounded, inclusive project? How do you build coalitions?

Contact the Campaign if you are interested in scheduling a site visit. (800) NO-HUNGR.

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Phone Consultations

After or in lieu of a site visit, Campaign staff are available for phone consultations to provide advice on how to organize your project, help you to problem-solve, and share good ideas from other campuses.

The Campaign is also a Clearinghouse of information about upcoming events, campus projects, other organizations, and issue information. In turn, we want to hear about your learning experiences and creative ideas to share with other student leaders.

Publications

NSCAHH offers a number of manuals, fact sheets, project materials, and a semi-annual newsletter.

Students Making a Difference, Newsletter
NSCAHH publishes a newsletter twice a year. Written topics include campus, community and national campaigns, legislative updates, and upcoming hunger and homelessness events. The Campaign also welcomes written contributions, so you can share success stories.

Hunger Cleanup Manual A step-by-step manual on how to lead a Hunger Cleanup. This project manual includes organizing tips, examples, timelines, and materials you need. Schools who register to do the Cleanup will also receive free posters and brochures.

Setting a New Course Designed to help you expand collegiate curriculum to incorporate the study of domestic and international hunger and homelessness.

Going Places A catalogue of domestic and international internship, volunteer, travel, and career opportunities.

SPLASH Action Handbook Describes the federal legislative process and how groups can organize grassroots education and action campaigns to impact Congressional decisions.

Food Salvage Manual A guide to establishing a student-run food salvage program on your campus or in your community.

Hunger and Homelessness Action: A 200-page comprehensive resource book for colleges and universities with everything you'll need to know to organize effective hunger and homelessness programs.

See back page order form.

Elements of a Successful Program

Below are some helpful questions to ask yourself when setting up a new program.

Goals and Timeline

* Have we set and communicated the quantitative and qualitative goals of the program? Are they challenging yet realistic?

* Do we have a specific week-to-week plan for achieving these goals?

* Have we planned in checkpoints to evaluate progress and problems in time to adjust our plan in order to achieve our goals?

Recruitment

* How many volunteers do we need to accomplish our goals? How many do we want by the term's end for Spring projects?

* Do we have a specific plan to actively recruit students through tables, class announcements, and phone calling?

* Do we have a system for using all of the events and activities to recruit volunteers -- for example, having a sign-up sheet for names and phone numbers at educational events?

Developing Leaders

* Are we teaching volunteers a wide range of skills through diverse experiences and set trainings?

* Are there clear opportunities for students to take on responsibility and leadership roles?

* Is there a plan for encouraging and developing leaders in order to expand the program and/or continue it into the next term?

Diversity

* Does the project provide roles for people with a variety of skills and interests? Is there room for people of diverse backgrounds, as well as diverse viewpoints?

* Do we recruit volunteers through a variety of outlets -- e.g. approaching different groups, speaking in a range of classes, tabling and postering in all parts of campus?

* Are we inclusive? Do we welcome new people, invite them to social events, etc?

Campus and Community Relations

* Campus-wide: Do we work with other campus groups? Do we stay in contact with interested faculty and administrators?

* Locally: Have we done a needs assessment of the local community to establish what is most needed by the impoverished in the area? Are we in contact with other universities in the area? Other high schools? Do we make contact with local agencies?

* Nationally: Do we network with national organizations? Do we take advantage of what they offer?

Media and Visibility

* Do we have a plan for visibility -- posters, banners, table tents?

* Do we have a media coordinator to write the press release and follow-up with the media to get articles written about the events?

Reflection and Evaluation

* Do we schedule time to reflect on the project after its completion to learn and grow from the project?

* Do we encourage students to process and share their experience with each other?

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Recruitment Tips

Overview:

Recruitment is the core of any student organization. Often a group's main limitation is having enough people to accomplish set goals, so a strong recruitment strategy at the start of the term, plus an ongoing recruitment plan is critical.

Recruitment produces the number of people needed to achieve your goals. However, recruitment accomplishes a variety of organizational goals, as well. For example, recruitment creates visibility for the organization. Recruitment campaigns get people thinking about the issues. We articulate our vision and plans to large numbers of people. Recruitment also sharpens our own skills and keeps us in touch with what people are thinking about. Lastly, recruitment brings in new people, gets people together and increases the sense of community in any group.

Principles:

◆ Recruit actively. Do not rely on posters, newspaper announcements, and banners to recruit. Use these strategies to complement active recruitment. Active recruitment strategies include tabling* in the main square, class announcements, phone calls, petitioning and leafleting, individual meetings. Active recruitment involves personal contact.

◆ Ask everyone to get involved. Reach out to a broad constituency.

◆ Multiple methods of recruitment are important. Use tables, posters, class announcements, the newspaper to reach a broad range of the campus.

◆ Follow-up with new recruits immediately. Get them involved in the recruitment drive or project right away.

◆ Ask everyone to do something and to take on more responsibility. If someone has volunteered at the table, ask if they will coordinate the table the next time.

Ongoing Recruitment:

◆ Always recruit. Talk to friends, people you meet in line at the coffee shop, group leaders about what you are involved with and ways they can help out if interested.

◆ Use big events to increase your volunteer base. Remember two things:

1) Always have a sign-up sheet at your events to get the name and phone number of all in attendance. Many of those who come to your global reality dinner or speaker will be interested in volunteering;

2) As you sign up people to attend the event, ask them to help out right away with the rest of the planning. Ask them to hang posters, collect food, volunteer at the table, whatever they are most interested in doing. This will increase the number of people recruiting for your event and will give you an opportunity to train future project leaders.

*Tabling. Note that in this context "table" is used as a verb and that is precisely how you should "table" -- actively. Use the table as a base on which to put materials, have a big, bright sign and meet volunteers. Do not use it as a wall. Stand out in front of the table and ask people walking by to sign your petition, take information, or sign up to volunteer.

World Food Day
October 16, 1995

History of World Food Day

World Food Day is a worldwide event designed to increase awareness, understanding and year-round action to alleviate hunger. It is observed each October 16th in recognition of the founding of the UN Food and Agriculture Organization in 1945. The first World Food Day was in 1981. In the U.S., the endeavor is sponsored by 450 national, private voluntary organizations.

World Food Day (WFD) is organized at the community level. Individual groups can hold a special event, but the most successful observances happen when organizers work together with members and chapters of other sponsors. Local coalitions, representing the diversity of national sponsors, can share ideas that will involve schools, businesses, worship centers, government offices, service groups, the media, etc. 1995 will be the fifteenth observance of WFD. In every community there are people already involved; the challenge is to coordinate and expand what happens. Here are some ways to use the day more effectively:

Increase Awareness -- provide a briefing for the media; promote WFD teleconference(s); encourage editorials and feature articles.

Increase Understanding -- work with schools and colleges; plan a community seminar; don't forget nursery schools and senior citizen centers.

Increase Information -- conduct a research project on local needs/services; release findings at a press conference or public meeting.

Increase Support -- hold a fundraiser for local and/or international projects; involve local businesses.

Increase Advocacy -- seek policy commitments from public officials (or candidates); make presentations at city council or school board meetings.

Increase Networking -- use WFD to bring together people, ideas, and resources; be creative in designing combinations - local to global.

Increase Year-Round Action -- seek to involve people in on-going service/support; distribute an "opportunity" list for volunteers.

Increase Impact -- develop a means to measure the year to year progress you are making; consider World Food Day the "annual meeting" for hunger activists.

For More Information or Ideas, Contact:

U.S. Committee for World Food Day
1001 22nd Street N.W.
Washington, DC 20437
(202) 653-2404 phone
(202) 653-5760 fax
Contact: Patricia Young

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National Observance of Children's Sabbaths
October 20 - 22, 1995

The Children's Defense Fund, in cooperation with a wide range of denominations and religious organizations, is coordinating the fourth annual nationwide observance of Children's Sabbaths on October 20-22, 1995.

What is the National Observance of Children's Sabbaths?

The National Observance of Children's Sabbaths seeks to lift a united voice of concern for children by exploring the faith-based imperative to speak out on behalf of the vulnerable, and encouraging a commitment to help children and families through prayer, education, service, and advocacy.

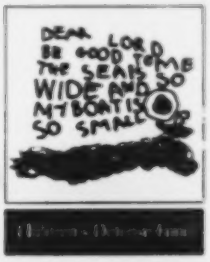
Beginning with Shabbat services on Friday, October 20 and concluding with church services on Sunday, October 22, congregations across our nation will hold special worship services, education programs, and related activities on how people of faith can respond to children's needs. Most Children's Sabbaths are held in individual congregations, but in some areas congregations join community-wide interfaith efforts.

Stemming the Tide of Child Poverty

The theme of this year's National Observance of Children's Sabbaths is child poverty. Nearly 16 million children, that's one in five, are poor. We can and must take the lead in the movement to alleviate and eradicate child poverty. The Children's Sabbath can be an effective opportunity to encourage people of faith to take a stand for children and against poverty.

Why is the Children's Defense Fund Coordinating the Observance?

The Children's Defense Fund (CDF) is a non-profit, nonpartisan organization that exists to provide a strong and effective voice for the children of our nation who cannot vote, lobby, or speak out for themselves. Our goal is to educate the nation about the needs of children and encourage preventative investment in children before they get sick, drop out of school, suffer family breakdown, or get into trouble.



Since 1981, CDF has worked with the religious community to mobilize congregations across the United States to engage in direct service, public education, community outreach, and advocacy.

The National Observance of Children's Sabbaths grew out of individual denominational movements for children, coalescing this concern in a united moral witness. CDF distributed more than 43,000 Children's Sabbaths kits in 1994 in response to requests from clergy, lay persons, and religious organizations. Thousands of congregations held Children's Sabbaths on the designated weekend, reflecting both the depth and the potential of the religious community's commitment to children.

Call CDF for Kit ($7.50 mailing costs) at:
Children's Defense Fund
25 East Street NW
Washington, D.C. 20001
(202) 662-3589

Hunger and Homelessness Week
Registration Form

To better help with your programs for the Week, we are asking everyone to fill out this registration form and return it to us ASAP. By registering we will be able to help you and to put you in touch with other schools and organizations in your area who are planning events for the Week. We will also be able to quantify the national student action during this week.

Name _____ **Your Advisor** _____
Address (Office) _____ **City** _____ **State** ___ **Zip** _____
Phone: Office _____ **Home** _____
Organization Name _____ **Your School** _____
_____ _____

Has your organization planned H & H Week events in the past? _____
If so, what have you done? _____
_____

Please circle the national events that you plan to participate in, and list any other events you are planning:

Grate American Sleep Out
Fast for a World Harvest
Into the Streets
Empty Plates
Wasted Food Survey
Hunger Banquet (Global Reality Dinner)
Hunger Jam Benefit Concert

World Food Day
Children's Sabbaths

Please list other events you have planned for the Week: _____
_____
_____
_____

Are you interested in having one of our staff visit your campus to aid in your planning or to speak at one of your events? Please see page 7 and list below what your group's needs are.

Please mail to us ASAP at:

NSCAHH
11965 Venice Blvd. #408
Los Angeles, CA 90066
800 NO HUNGR

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Hunger and Homelessness Week
November 13 - 17

In 1972, Villanova University in Pennsylvania held the first-reported Hunger Week. In 1988, the National Student Campaign Against Hunger and Homelessness adopted and began promoting the Week nationally. Since then, this week of coordinated activities has spread to hundreds of schools across the country. Hunger and Homelessness Week is the week prior to Thanksgiving.

This year, NSCAHH encourages students to participate in three nationally coordinated events as part of the Week, the Grate American Sleep Out, Fast for a World Harvest, and Into the Streets. We include in the following pages brief descriptions of these projects with organizing tips and a variety of other ideas for the Week.

Objective:

The main purpose of Hunger and Homelessness Week is to raise awareness of the problems of hunger and homelessness domestically and internationally. Combined with the efforts of thousands of students across the country, you can make an impact on the issues through education, service, and action and send a message to national leaders that students are concerned and active. Also, use the Week as an opportunity to recruit volunteers and develop leaders who will continue to work with your group throughout the year.

Getting Started:

Your first step should be to find out what other campus organizations are planning to do during this week. The Campus Ministry might be holding a fast or the Nutrition Club could be planning a food drive. Through your search, you can discover which groups are active on the issues (or want to be) and what events each of these groups has planned for the year.

Host a Kick-Off Meeting:

You will want to hold a meeting of interested volunteers and other groups to come up with a series of events for the Week. Come up with a mix of education, service, and action projects that will appeal to a large percentage of the campus community.

The purpose of this meeting is to set goals, form a coordinating committee and outline your plans with a timeline. As the program becomes a tradition on campus, you may find that you want to form a committee that operates year-round.

Coalition Building:

Since one of the goals of Hunger and Homelessness Week is to involve as many people as possible, invite every group on campus to sponsor one event each -- do not just approach the groups with whom you usually work. Use the Week to build a coalition with a wide variety of members so your efforts will be more far-reaching.

Personally meet and follow-up with the most promising groups. Do not rely on a group to respond to a written invitation. A flyer or invitation is a good start but must be followed up with a personal phone call to schedule a meeting to discuss the projects that the group is most interested, and what they can commit to (e.g. organizing an international speaker, getting ten groups members to fast,

passing a resolution endorsing the week, or selling fifteen tickets to the hunger banquet.)

Stay In Touch with the Campaign:

Please complete the Hunger and Homelessness Week Registration form and let us know which events you are organizing during the Week. This enables us to spread your good ideas to students on other campuses, plus quantify the national numbers of students participating. Also, please don't hesitate to call with questions or for trouble-shooting with one of our staff.

Structuring Your Committee:

We suggest the following leadership positions. This structure is based on a Week including the Oxfam Fast, Grate American Sleep out, and Into the Streets.

◆ Hunger and Homelessness Week Coordinator -- This person works with the project leaders below and chairs the overall meetings.

◆ Fast Coordinator -- This person is the overall coordinator for all details of the Fast and recruits, trains, works with the following project leaders:

* Recruitment Coordinator -- This committee is responsible for recruiting groups and individuals to fast and following-up with them on fundraising.

* Logistics Coordinator -- This committee makes any specific arrangements for the Fast, such as getting the agreement of the food services director to allow people to pre-arrange to skip a meal in order to donate that money to the hungry and homelessness.

* Visibility Coordinator -- This committee is responsible for designing and putting up posters, banners, and displays to publicize the fast; getting coverage in the media; and speaking at dorm meetings or in classes to publicize the event.

◆ Sleep Out Coordinator -- The project structure should be the same as the Fast: Recruitment, Logistics, and Visibility.

◆ Into the Streets Coordinator -- same as above.

Trouble-shooting:

Use this guide and the tips for recruitment, coalition building, and the leadership structure. Contact NSCAHH for general advice or problem-solving and with specific questions -- (800) NO HUNGR. Also, feel free to call the contact listed at the end of each project with questions specific to that program; in some cases, the organization has additional project materials available to you.

Wrapping It Up:

Be sure to reflect on and evaluate the project after its completion. Discuss the events, including what worked, what didn't and why. Talk about what people learned from and experienced through the project and what ideas there are for the next term/next year.

Also, please complete and return to us the evaluation form on p. 35. This will take you no more than 10 minutes to complete and gives us helpful information to work from and pass on to future student leaders at your campus.

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How Different Groups Can Participate:

Religious organizations, other hunger or homelessness organizations, and service organizations are natural partners for collaboration. Below are some other ideas for ways different organizations can participate.

Art/Photography Club or Class -- Sponsor an art or photography exhibit or contest on hunger and/or homelessness.

Fraternity/Sorority -- Work with Greek philanthropy chairs to get their sorority or fraternity houses to adopt the Week as one of their annual service events. Organize a contest between houses, e.g. who can get the most volunteers to participate in the fast or sleep out, who can raise the most money by selling tickets to the hunger banquet.

Student Government -- The student government can issue a proclamation declaring this Hunger and Homelessness Week on campus, supply funding for printing posters or other materials, provide volunteer or staff time to help organize the Week.

Dorms/Residence Halls -- The Fast is a great way for dorm students to participate. Because there are many people living under the same roof, use the systems for communication to get students involved -- speak at dorm meetings, table at the dining hall dinner line to get people to commit to fast, etc. You can also create competitions between dorm floors or halls.

Newspaper/Campus Media -- The newspaper and radio station can donate free ad or public service announcement space, cover our events as news, and editorialize about the issues of hunger and homelessness and the importance of getting involved.

Ethnic Minority Organizations -- Ask them to organize a particular event, maybe something specific to their community, and/or to involve their membership in some of the events of the Week.

Sports Teams -- The basketball team can sponsor a free throw contest. Football team members can make an announcement at half-time and encourage people to make a donation as cans are passed around or left by refreshment stands. Any team can offer a discount ticket price to people who bring canned food or clothing to a game. Also, on many campuses sports stars are campus celebrities who will increase attendance and media coverage if they attend your event.

English Club -- They can hold a poetry reading fundraiser or composition contest.

Program Board -- Program Boards can invite a major speaker or film on hunger and homelessness or help to organize a benefit concert.

Educational Events

When organizing your programs, remember that the first step for action is education. Each event you organize can have an educational element -- include a speaker at events, distribute fact sheets, and get articles or letters to the editor printed in the paper.

In addition, you may want to organize events for which the primary goal is education, although remember to include a strong pitch for involvement at the end of the event. Get the names and phone numbers of everyone attending the event, so you can call them in the future. Education only makes a difference if people act on their knowledge. Be sure to provide clear opportunities for action.

Use the Classroom as a Creative Vehicle for Hunger Education

Through the classroom you will reach people missed through other activities. Ask professors to incorporate hunger and homelessness into lectures during this week. Offer names of guest speakers, provide professors with fact sheets, simulations, and resource lists, or volunteer to teach part of the class yourself. Some faculty will give students extra credit for volunteering or attending events.

Fact Campaign

Put up posters with a new hunger or homelessness fact each day and a listing of the day's events. Get a group of volunteers to come to campus early and write the same facts on the corner of the blackboards in large lecture halls. If you box it and write "please save," it will often remain all day. You can also do class announcements as part of the education campaign and even pass a donation jar for hunger relief.

Host a Speaker or a Film

Be sure to have a good publicity strategy. Ask professors to announce the event to and/or require classes to attend. Call through your volunteer list to tell people about the event and ask if they will attend. Put up posters, banners, and table tents in the cafeteria, and have volunteers leaflet on the day of the event. Be sure that the newspaper announces the event beforehand and covers the event. If you are bringing a speaker to campus, try to arrange an interview with the paper and radio station.

Learn By Teaching

Elementary school children are not too young to know or care about hunger and homelessness issues, and many teachers are interested in guests coming to run classes on important topics. Several groups have curricula to use when teaching children about these issues. The first step is do outreach through a mailing and phone calls to teachers to offer your services, next is to train your "teachers."

Raise Awareness Through the Media

Media outreach should be a part of any project. It can also be an educational tool itself. Media coverage enables you to reach many more people than those who came by your table or attended your event.

Be creative and thorough in media outreach. Ask the campus paper to dedicate a full page or section to the issues of hunger and homelessness during the Week. Creative displays and lots of volunteers will make your events more worthy of photographs and news coverage. Invite a reporter to accompany you on a volunteer trip to a local shelter and write a story about the program and volunteer opportunities. (Be sure to ask permission of the shelter director first.)

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Community Service Projects

Community service is an important component of Hunger and Homelessness Week, as it is with any program. Into the Streets is one community service project that you can organize during the Week. Below are some other ideas:

Canned Food/Clothing/Blanket Drives:

There are a variety of ways to organize "drives." First, contact local food banks and shelters to determine what is most needed. Be sure to make it as easy and accessible for people. The most successful drives are usually in which volunteers go to the donors.

Stand in front of a supermarket asking folks to buy some extra food to donate on the way out. Give them a leaflet as a reminder and with suggestions of foods that are most useful to food banks. Or go door to door in apartments near to campus for food or clothing donations.

Warm up with a Halloween Trick or Treat for canned food. In addition to gathering food, this is an effective way to publicize your group and recruit volunteers. Give out fact sheets and information about your group, plus have a sign-up sheet so that interested volunteers can write down their name and phone number for future events.

Clothing Drives are especially effective at the end of the year as students are moving out of their apartments, dorms, and Greek Houses.

It is also easy to add "drives" onto different events, such as the Sleep Out, a concert or sports event.

Food Gleaning:

If you live in or near a rural area, you can often get local farmers to allow your volunteers to pick leftover produce to donate to a local food bank.

Volunteer in Shelters or Soup Kitchens:

In every community there are countless individuals and agencies that rely on the help of volunteers. Do a needs assessment of your local community to find out where there are gaps in services that you can provide. This may be an ongoing commitment that is kicked-off during this Week.

Students across the country have established a variety of programs at local shelters, such as literacy education, child care, job counselling, and tutoring.

Offer Professional Services:

Arrange for your local law school to offer free legal services for the Week. A dental or medical school can offer free check-ups to homeless and low-income people at shelters or soup kitchens. The business school could donate resume-writing help. The English Department could offer a beginning literacy class that is kicked-off this week. This type of project can be the beginning of a working relationship between the campus and the community, so explore the possibilities of continuing this on a regular basis.

Start a Community Garden:

Work with a local food bank, school, or city to find the land and establish a community garden. Work with the City to establish free water, then get seed, soil enhancements, and tools donated. Community gardens have taken different forms. Some provide plots of garden space to low-income people to grow their own food. Others get volunteers to garden and grow food for food banks. Santa Cruz's Homeless Garden Project sells regular supplies of fresh produce to community members who then receive produce weekly. In addition to receiving food grown in the garden, homeless or formerly homeless people have jobs growing food and running the garden.

Fundraising Projects

Fundraising is core to any non-profit organization. Finding a way to raise money through your existing plans is the best way to fundraise. There are many ways that you can add a fundraising component to an event. For example, you can charge admission to the hunger banquet or other events, such as a speaker or concert. You can also organize fundraising events such as:

A-Thons:

Volunteers raise funds by gathering hourly sponsorships for their activities. The Hunger Cleanup (April 13, 1995) is a great example of an effective a-thon, because volunteers raise money and complete work projects to end hunger and homelessness, but most anything can be an a-thon. Common a-thons include walk-a-thon, and dance-a-thon. Consider making the Sleep Out a sleep-a-thon, in which volunteers get sponsors for each hour they sleep out.

Chili Cook-off:

Students with Florida PIRG at Florida State University raised $1000, raised awareness and got may people in the community involved with their Chili Cook-off. Different campus and community groups paid a fee to enter their best chili in a Cook-off to raise funds for hunger and homelessness programs and have a chance at winning a trip for two donated by local businesses. Members of the football team and county commissioners were judges.

Rummage Sales:

Often local programs most need money for staff, rent, and other expenses. Collect unwanted items from students and local neighborhoods and hold a huge rummage sale to benefit hunger and homelessness programs. Donate unsold items to local shelters or thrift shops connected to shelters. Some important tips: 1) Be sure to have a good publicity strategy -- utilize articles posters, banners, newspaper ads (see if you can get them donated). 2) Publicize beyond the campus. 3) Set up early in the day. 4) Have plenty of petty cash. 5) Choose a central location for the sale and put up lots of directional signs on the day of the event. 6) Getting donuts, coffee, and balloons donated will make the event more festive.

Midnight Snacks:

Students with the community service program at Carleton College organized a midnight snack in the residence halls. For $2-3 students could buy a snack to be delivered to a friend in the dorms. The midnight snacks were sold in dorm dinner lines and door to door in the dorm halls. Volunteers got snacks (dips, cookies, granola, sodas, etc.) donated and bagged them with ribbons, then delivered them at midnight on a given day.

Donation Jars:

Ask local and campus cafes and coffee shops to place donation jars by the cash register for people to donate their change to hunger and homelessness --- "Donate change to create change. Help the hungry and homeless. X GROUP."

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Money Distribution

Many events this week including the Sleep Out, Hunger Banquet, and the Hunger Jam are ideal fundraisers which carry the effectiveness of your efforts beyond the week by supporting hunger and homelessness groups that work on the issues year-round. Hunger and Homelessness Week was created with the idea that the programs led during the week address the problems from different angles -- local, national, and international. Consequently money distribution guidelines consistent with these goals were established. We suggest the following:

40% Local: Support local meal programs, homeless shelters, local organizing groups, and food banks. If students volunteer at agencies in your city, think about supporting these programs. If you are not familiar with organizations in your area, contact NSCAHH for assistance.

35% International: There are literally thousands of organizations working on behalf of the hungry and homeless in areas outside of the United States. We suggest contributions to Oxfam America or to the International Development Exchange (IDEX). While it is understandable to first focus on the immediate problems around us, it is important to remember that we are integrally connected with the rest of the world.

25% National: The National Student Campaign Against Hunger and Homelessness survives on donations from individuals and grassroots fundraisers. Support the Campaign in our efforts to build a strong student movement fighting hunger and homelessness and building students' leadership and effectiveness. NSCAHH will use the funds to support our work to involve more students in providing immediate relief to the hungry and homeless, as well as work toward long-term solutions to the problems.

Food For All

Food For All is a nonprofit organization that fights hunger by raising funds through contribution cards at Supermarkets. Shoppers can add a card, usually at $1, $2, or $5 dollars, to their grocery list. Food for All in turn grants money to groups working to address the problem of hunger. For fundraising ideas or tips for grant making, contact:

Helen Anderson
Food for All
P.O. Box 1791
Redlands, CA 92373
(800) 876-6638

Grate American Sleep Out

Currently, three million Americans are without homes even though an estimated 30% work at least part-time. A recent U.S. Conference of Mayors report surveying 30 major cities in the U.S. found that families with children made up 39% and are the fastest growing segment of the homeless population. In order to highlight these problems, the Campaign is encouraging campuses nationwide to organize a Sleep Out on Wednesday, Nov. 15.

Sleep Outs are events in which a number of participants choose to sleep outside (or in a large room) overnight to form a community exchange of ideas, goals, and facts. They are creative tools for advocacy, fundraising, protest, education, or a combination of these. The Sleep Out could incorporate a graphic display communicating the urgency of the problem of homelessness, a "teach-in" on the causes of homelessness, or call upon the local or national government to take a stand on the issue. The event should be an opportunity to education and recruit more volunteers for ongoing community action.

Suggested Day: Wednesday, November 15.

Duration: Approximately 12 hours, from 7am to 7pm.

How to:

1) Set your goals and plan. Determine with your committee:

*who you want to invite to participate-- other campus groups, speakers from the community, homeless folks;

*how many participants to aim for;

* what the primary purpose(s) of the event is -- educational, fundraiser, etc.

*how much money to raise and where it goes.

Confirm the date for the event and set a week-to-week plan working backwards from the date which includes a plan for logistics, visibility, recruitment, program and fundraising.

2) Establish Committee leaders and plans for the following committees:

LOGISTICS:

◆ Choose a site central to student activities. Take care of logistics right away. You will have to get permission for an overnight event and check with campus security, plus arrange for portable toilets or access to facilities.

◆ Local businesses can donate food, supplies, or money.

◆ Have fact sheets ready to give to participants and passersby.

PROGRAM:

◆ Have community leaders, homeless people, students, and/or professors speak at the event. Music is a great way to bring people together. Arrange for a local musician who sings about the issues to come or encourage people to bring their acoustic instruments.

◆ Prepare good discussion topics.

◆ Starting the night with a vigil or march will draw people and attention.

◆ Have a time for reflection the next morning so participants can share their experiences and thoughts. This is important for every event you organize.

RECRUITMENT

◆ Begin early to recruit participants through tables, class announcements, and other groups.

◆ Be sure to contact other groups to co-sponsor the event.

◆ Have "Food Not Bombs" or a local group serve a meal for the homeless folks who join you. Contact local shelters or homeless advocates about bringing homeless people to campus. You will want to have some amount of control over who attends and/or have people there who are experienced with problems that may arise.

◆ Be strict about a No Drug or Alcohol policy and other necessary rules. Be sure participants know about these beforehand and that the rules are posted at the event.

◆ Be sure to pass around a sign-up sheet so you can contact participants for future events. Use the event to recruit and inspire volunteers to participate beyond the Sleep Out in events to help solve the problems of hunger and homelessness issue (e.g. letter writing, joining your group, community service events.)

VISIBILITY:

◆ Hand out fliers announcing the Sleep Out to actively recruit people to participate.

◆ Put up posters and banners

◆ Contact local radio stations to run public service announcements.

◆ Be sure to invite the campus and community media to cover the event.

FUNDRAISING:

◆ Contact businesses for donations.

◆ Get volunteers to gather pledges for each hour they sleep out to donate to local, national, international groups.

National Coalition
for The Homeless

Sample Timeline

Wk 1 *Recruit volunteers through tables, posters, and class announcements.

Wk 2 *Set goals.
*Find a leader and develop a specific plan for each committee.
*Reserve a central site for the Sleep Out and arrange for amplified sound.
*Make a flyer and compile a list of groups on campus to invite.
* Contact the campus paper about writing an article on homelessness in your community, the Sleep Out and how to get involved.
* Write an invitation and compile a list of speakers (and/or performers, video, etc) to invite.
* Write a letter to local businesses for donations and funds and compile a list of businesses.
* Hold a fundraising training at your weekly volunteer meeting on how to gather hourly sponsors for your Sleep Out.

wk 3 *Continue process for securing location, make other arrangements, such as open bathrooms and permission to serve food at the Sleep Out.
*Distribute flyers to groups and departments on campus and begin calling or visiting their offices to follow-up on their interest.
*Mail invitations to speakers (performers), begin follow-up calls.
*Mail or develop a letter to businesses and begin contacting them for donations of funds and food.

wk 4 *Make arrangements for a microphone for speakers and work with the fundraising committee on food donations.
*Continue follow-up to other groups for volunteer participants and

endorsement of the project. Ask each participating group to assign a Sleep Out contact who will confirm volunteers and follow-up with them on fundraising.
*Continue follow-up calls to speakers.
*Continue follow-up calls and visits to local businesses.
*Follow-up with volunteers on their gathering of hourly pledges and up date them on how much money has been raised relative to the goal.

wk 5 *Confirm location, bathrooms, etc.
*Continue follow-up for food donations and arrange for pick-up or delivery.
*Hold a table to recruit participants.
*Continue follow-up with groups for participants and endorsements.
*Continue follow-up calls to speakers, set order for speakers, performers.
*Continue follow-up for business donations.
*Put up posters regarding the Sleep Out.
*Write your news advisory and release and mail by week's end.

wk 6 *Reconfirm all logistics, pick up food donations.
*Continue tabling to recruit participants.
*Confirm speakers, performers.
*Call any outstanding businesses, and make reminder calls to all volunteers to remind them to gather pledges, compile a total to date.
*Poster, contact the campus and community media about covering the event.
*Make follow-up calls to the media.

wk 7 *Phone bank all volunteers Monday and Tuesday to remind them about the Sleep Out.
*Pick up food donations.
*Remind the media.

Sleep Out Wednesday, November 15.

Wk 8 *Write thank yous and return borrowed equipment.
*Call NSCAHH with highlights and details (800) NO-HUNGR.
*Send media clips to NSCAHH.

Sample Agenda:

6pm Gather participants; have van teams pick up shelter guests.
7pm Coffee and/or meal served
8pm Speakers, candlelight vigil or music
9pm Discussion groups
10pm Late night food line
7am Breakfast; closing remarks; wrap-up

For more information contact:
National Coalition for the Homeless
1612 K Street, NW, #1004
Washington, DC 20006
(202) 775-1322
(202) 775-1316 (fax)
hn0055@handsnet.org

Please Note: Habitat for Humanity is a co-sponsor of the Sleep Out this year with NSCAHH and NCH. Local chapters can contact any of the organizations for more information.

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Fast for a World Harvest
November 16, 1995

Oxfam America supports the self-help efforts of poor and marginalized people -- landless peasants, indigenous peoples, women, refugees, and survivors of war and natural disasters -- striving to better their lives. For 25 years, the organization has funded community-based projects which give poor people access to economic building blocks: land, water, seeds, tools, and training. Oxfam America makes more than 250 grants per year to partner organizations in 31 countries around the world, including the USA.

People in other poor communities need help to improve their lives in similar ways. That's why we hope you'll join Oxfam America's 1995-6 Fast campaign.

What is the Fast?

Students give up one to three meals, usually on or around the Thursday before Thanksgiving and give the money they save to Oxfam. For students on a meal plan, the University food service rebates a percentage of the cost of each meal to Oxfam America. Often, the Fast finishes with a Hunger Banquet or simple break-the-Fast meal, on Friday evening. Sometimes student groups don't fast but organize other fundraising or education events at the same time.

How to Organize the Fast on Your Campus

Start by calling the Fast team at (800) 597-FAST to order your planning brochure. This will tell you everything you need to know to organize a fast, a meal rebate program, a hunger banquet or other events. Oxfam can also supply stickers, posters, videos, and other materials to support your event. When you receive your planning brochure, look through it to see which ideas fit your campus. The brochure explains how to organize each event and the Fast team are ready and waiting to answer any additional questions you may have.

Oxfam America

This year, Oxfam is asking Fast groups to consider adopting an educational theme for the events. This year, Oxfam suggests that you focus on:

The Role of Women in the War Against Poverty

The women in communities supported by Oxfam grants have a wealth of knowledge about the causes of -- and solutions to -- the poverty they are experiencing. They are involved with every part of village life: farming, cooking, water collecting, childcare, etc. whereas men may work only on the land. Yet, for social and cultural reasons, they may not have a say when changes are planned. Often, that means mistakes are made which could have been avoided.

Women are also usually more severely affected by poverty than others in the community. Over 60% (600 million) of the world's poor are women. Mothers often only eat what's left after the rest of the family has been fed and may work twice as many hours a day as their husband, in the fields, cooking and taking care of the home and children.

In this year of the United Nations' Fourth World Conference on Women, in Beijing, please help to highlight:

-- the importance of consulting with women to develop solutions to reduce poverty.
-- how poverty disproportionately harms women.

Send for Oxfam America's new video Community, which tells the story of dramatic social and economic changes in a small village in Bangladesh, and organize discussion groups and presentations around this theme.

For more information contact:

Oxfam America
26 West Street
Boston, MA 02111
(800) 587-FAST
Contact: Susan Ritter

Oxfam America's Alternative Spring Break Program

When you hear "Spring Break," do you picture yourself in Florida or the Caribbean? Or do you wonder if you could be doing something that will stretch your mind, body, and understanding? With Oxfam's new Alternative Spring Break Program, you can do both. The program will take groups of students to visit Oxfam America project partners in warm places like Florida, the Caribbean. Participants will learn first-hand about the effects of poverty and the work that Oxfam is supporting, and will participate in solutions that work. Students will be asked to raise funds to cover the costs of their trip, but some grant money will be available. Call Oxfam at 800/597-FAST for more details.

Into the Streets

Organize a one day event that can lead to a lifetime of service.

"Into the Streets" is a model national program of COOL, the Campus Opportunity Outreach League, that has been utilized by over 250 campuses around the country as a way to introduce students to community service. Operating under the motto, "Try it for a day, you may love it for a lifetime." Into the Streets combines a hands-on service experience with pre-event education and post-event reflection. The long term goal of "Into the Streets" is to challenge students to make a continued commitment to solving the problems of their communities.

Suggested Time: Into the Streets programs happen during the early to middle parts of a fall semester.

Duration: Into the Streets should be at least a one-day program on every campus. Some campuses, however, have successfully stretched the program across an entire weekend or even a week.

Objective: The long term goal of the "Into the Streets" one day service model is to strengthen student's capacity to help solve the problems we face as a society.

Toward this goal "Into the Streets" can help your campus service effort:
1) Increase the number of students participating in community service.
2) Create a more accurate image of students as active, concerned and caring citizens.
3) Develop greater student leadership both on and off campus.
4) Promote stronger collaboration between diverse student organizations as well as faculty, staff members and the community.

How to:

In order for "Into the Streets" to be successful, there are five critical elements that must be a part of the planning and implementation.

1) Community Voice -- In the planning of the program, the voices and needs of the campus and the community-at-large, must be sought and listened to.
2) Orientation and Training -- Before the day of service, participants must learn more about the issues and the organizations they will be working with through presentations, trainings, and discussion groups.
3) Meaningful Action -- On the day of service itself, participants must perform community service that they can see real value to the community.
4) Reflection -- After the service activity is finished, students are encouraged to gather for structured discussion and reflection on the experience. Here students are challenged to consider how they might make a continued commitment to service.
5) Evaluation -- The impact of the service performed is measured -- by students, by the organizers and by the community. This process gives direction for improvement, growth, and change.

Notes to Organizers:

1) Depending upon the size and scope of your campus and the program you want to implement, your planning should begin weeks in advance. Be sure to order a copy of the Into the Streets Organizing Manual from COOL.

2) The first step is to try to form a coalition. Many student groups including honors organizations, religious groups, fraternities/sororities, ethnic or cultural groups, and political groups encourage their members to be involved in community service.

3) Every participant should share a feeling of ownership for the program. In order for groups to be invested, every interested coalition member should be asked to sit at the planning table from the very

beginning.

4) Develop goals and objectives for your campus. Have each coalition member submit ideas (on behalf of their organization) of what they feel your campus' activities should achieve.

5) Set a goal for number of participants. The estimated number of participants determines, among other things, how many community service sites and how many site leaders you will need. With your goals in mind, select a target with which your coalition is comfortable. Fifty participants is a decent goal for any campus; 100 is ambitious; 200 or more is extremely ambitious.

6) Assign a small group to serve as the planning team as well as select an Overall Campus Organizer. The Organizer should be the overall student (or a student working with an administrator) who will coordinate the planning team and be responsible for setting up future meetings.

7) Research and choose your community service projects. Allow plenty of time for your planning group and/or team leaders to find your sites.

8) Appoint people from your planning group to be responsible for such things as media, recruitment, finances, and organizing transportation.

9) Begin to recruit Team Leaders from your planning group, your coalition, and other members of the student body. Team Leaders will be the most highly visible people throughout your event. They are responsible for taking student work teams to and from service sites on the day of the program, as well as helping with recruitment prior to the program.

10) Begin to recruit participants from the general student body.

11) The day (or week) before your event you should provide your volunteers with an opportunity for orientation and any necessary training. The orientation should provide volunteers with a general overview of the services the agency provides, what volunteers will do at the service site and what the goals are.

12) On the day of your event, you should have a kick-off beforehand or a rally afterward for participants.

13) Team Leaders should lead their team gets to the site. The Team Leader should try to have the agency representative or volunteer coordinator lead a tour around the facility and/or introduce students to some of the people they will work with. This will help make everyone, students and clients alike, feel more comfortable.

14) Now get to work and have fun.

15) At the end of your service activity (and if feasible, while still on-site) the Team Leader should bring the team together and facilitate a discussion of the day's activities. This reflection session will provide an opportunity for the volunteers to analyze the complexities of the social problems, share reactions, emotions, ideas, concerns, questions, and experiences. The goal here is to let students talk about their experience and to get them to ask themselves how they will continue to serve others.

16) Lastly, you should include an evaluation process in your program. This information will be very important for the students and administrators who plan next year's program, as well as will allow you to gain new ideas from your participants. Evaluation can be done along or after reflection.

For more info:

Contact Lloyd Jacobson, National Programs Dir.
COOL, Campus Outreach Opportunity League
1511 K Street, NW, Suite #307
Washington, DC 20005
202/637-7004
COOL2YOU1@AOL.COM

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Hunger Banquet

Today an estimated one billion people -- one in five persons -- are chronically hungry. Yet, more than enough food is grown to feed everyone. It is the unequal distribution of resources -- not lack of food-- that is at the root of world hunger. A Hunger Banquet (sometimes called a Global Reality Dinner) dramatizes this inequity.

Only a few people will leave this unusual banquet with satisfied stomachs. Though most will receive little to eat, all will go away filled with new understanding about the problem of world hunger.

A Hunger Banquet works best with at least 20 people. Banquets of several hundred people are becoming increasingly common, and some banquets have drawn nearly a thousand people. The more guests, the more effective the demonstration.

Overview of the Hunger Banquet:

A large meal is prepared and divided among the guests in proportions that represent the earnings of people who live in the world's high-, middle-, and low-income countries. By random drawing, Hunger Banquet guests end up in one of three groups. Fifteen percent of participants represent the high-income countries and enjoy a several-course gourmet meal. Twenty-five percent eat a simple meal of rice with beans or broth. Sixty percent represent the majority of people who live in low-income countries; this group shares rice and water. A Hunger Banquet demonstrates the inequities of living conditions among people throughout the world; it doesn't give precise measures of hunger or numbers of hungry people.

How to:

1) Raising funds -- Charge an admission price or simply raise donations. Invite local businesses or community groups to buy tables at the banquet or co-sponsor the event to defray any expenses, and ask local restaurants and markets to donate food/catering.

2) Setting the stage -- Consider holding the Banquet in a public area, such as a cafeteria, community hall, or the lobby of the student union. Set up a special table to distribute educational materials.

Designate seating for the different income groups. Go all out for the wealthiest 15 percent; use table cloths, candles, china and silverware. Arrange plain, bare tables or benches for the middle-income 25 percent. Have the poorest 60 percent sit on the floor and eat without utensils. Consider having everyone share from a single bowl.

3) Assigning Roles -- As guests arrive, have them pull a ticket out of a hat or bowl. By the color or number, they'll know which group which they belong in.

If more people show up, unexpectedly, direct them to Group Three, so that most people will end up in the low-income group.

4) Education -- Use the event as an educational tool. Host speakers to talk about the issues of hunger or show slideshows or videos. Encourage members of the group to discuss their experiences and feelings. As always, be sure to have a clear opportunity for participants to sign up to volunteer in the future. Oxfam has educational materials, videos and a speaker's bureau for more information.

Sample Timeline

Wk 1 *Get a group together to plan food, publicity, program, recruitment, and logistics.
*Set a date and reserve a space.
*Invite celebrities, local officials, musicians.
*Approach restaurants for food, utensil and dishware donations.
*Print flyers and tickets; list endorsers, businesses making donations, speakers.
*Contact Oxfam or NSCAHH for more information and materials.

Wk 2 *Distribute flyers to campus and community groups, faculty members to announce in classes.
*Follow-up with speakers, musicians and businesses for donations.
*Publicize the event and sell tickets through tables, class announcements, other groups.

Wk 3 *Continue to publicize the event, sell tickets, and recruit participants through tables, classes and other groups.
*Follow-up with businesses.
*Write and send out a press release.

Wk 4 *Continue publicity/recruitment.
*Follow-up with businesses.
*Confirm speakers and program.
*Prepare materials for the event -- numbered or colored tickets designating the income groups.
*Pick up donated food.
*Follow-up with the media.

Week 5 Day of Banquet:
*Set up room.
*Prepare food in advance of the Banquet.
*Greet guests, distribute tickets and sign people in.

For More Information Contact:

Oxfam America
26 West Street
Boston, MA 02111-1206
(800) 597-FAST

NSCAHH
11965 Venice Blvd. #408
Los Angeles, CA 90066
(800) NO-HUNGR

Empty Plates

Suggested Day: Tuesday, November 14

Duration: 10-2 pm in center of campus

Overview: While education, community service, and fundraising are integral to the fight against hunger and homelessness, state and national legislation often strikes at the root. We need legislation to affect changes in low-income housing, food distribution, job training, unemployment, and education. These are problems that contribute to hunger and homelessness.

We must let our Congressional representatives know that their constituents want to end hunger and homelessness. Each year good bills are introduced, but don't pass because special interest lobbyists pressure legislators to spend money on their pet projects.

Organized letter-writing and petition drives are a great way to communicate the grassroots support for measures in Congress. Writing letters on paper plates emphasizes the fact that there are many in this country and abroad who do not have the means to put food on their plates.

How to:

1) Contact state or national organizations to get information about current legislation that impacts the hungry and/or homeless.

2) Find out who should be targeted and the timeline for the bill.

3) Set goals for the number of letters you want to gather and therefore, the volunteers you need to involve.

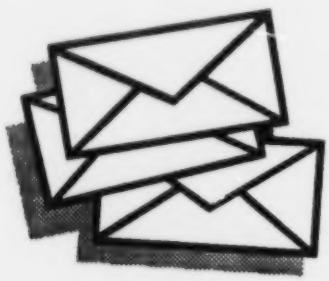
4) Design a visible table display -- banners and lots of volunteers in a busy location.

5) Write a sample letter and have a fact sheet at the table to give volunteers and letter writers more information.

6) Ask people to donate change to cover the cost of postage, unless you plan to personally deliver plates to a local Congressional office.

7) Have a volunteer sign up sheet so interested letter-writers can sign-up to get involved.

Contacts:
NSCAHH
Attn: SPLASH
11965 Venice Blvd. #408
Los Angeles, CA 90066
(800) NO-HUNGR



Wasted Food Survey

Suggested Time: Wednesday

Duration: Approximately 2-3 hours at lunch in the University cafeteria

Objective: A Wasted Food Survey is a simple hands-on event that shows students how much food goes to waste daily. Most students will be shocked at the amount of food we throw away collectively. Compile the results and release it to the campus media. This is a great opportunity to raise the issue of hunger and to demonstrate the need and potential impact of a Food Salvage Program to match unused food with local shelters and food banks.

How to:

1) This is a great opportunity to work with a Residence Life group on campus. Ask them to cosponsor the event.

2) Arrange with the food service provider(s) at your school to do a Wasted Food Survey in the school cafeteria(s) on one day at lunch.

3) Ask to use the pans and food scales.

4) Take inventory of how many places there are that students throw away their food and plan to have 2-3 volunteers at each location -- 1-2 volunteers to handle the food and 1 to record the amount.

5) Have students scrape their leftover food into a pan instead of the trash, and then keep track of how many students participated and how much they threw out.

6) Materials: Have fliers with information on hunger to hand out to everyone as they leave the cafeteria on hunger. Have paper, pens and calculators ready for volunteers.

7) Have a sign up sheet and ask everyone who participates if they are interested in volunteering in the future.

8) Before the event, arrange for the results to be released to the campus radio, newspaper, and at other events during the Week.

Use this as a stepping stone to set up a Food Salvage program at your school. Manuals on starting one are available from the Campaign.

Contact:

NSCAHH
Attn: Food Salvage
11965 Venice Blvd. #408
Los Angeles, CA 90066
(800) NO-HUNGR

International Fair

Suggested Time: Thursday

Duration: 4-6 hours

Objective: An international Fair is a fun way to educate students about the cultures and unique problems of hunger and homelessness in developing countries. The Fair can help you build a coalition with the international students on campus and broaden the scope of your Week's activities from national and local to international. This is a great educational event and also has fundraising possibilities.

The Program of the Fair:

1) Hold the Fair in a high traffic area with booths staffed by students from different countries, cultures, or ethnicities. Encourage them to be creative and colorful with displays and to include information about their country's culture, politics, and issues of hunger and homelessness.

2) The Fair can include food booths, music, dancing, and videos. Be creative.

3) Be sure to include speakers on international poverty issues, as well as announcements about the events happening during the rest of the Week.

4) A raffle of prizes donated by import stores, travel agencies, other local businesses or restaurants is a great way to raise money for local, national, and international hunger and homelessness organizations.

How to:

1) Approach the international and cultural clubs on your campus, and ask them if they would like to participate in the International Fair. Be sure to communicate that it is part of Hunger and Homelessness Week, and so a great way to raise awareness about the problems around the world, as well as give their organization a lot of visibility.

2) Ask one of the other groups to be the primary sponsor of the event. This will get more students actively involved, leave your group with more time to organize other events for the Week, and build a stronger coalition.

3) Arrange for a local radio, tv, or VIP to emcee the event.

4) Invite the media to cover the event. The more people you reach, the more effective your educational outreach is.

5) Develop a strong, widespread visibility strategy.

Contacts:

International Development Exchange
827 Valencia Street, Suite 101
San Francisco, CA 94110
(415) 824-8384

Overseas Development Network
333 Valencia Street, Suite 330
San Francisco, CA 94103
(415) 431-4480

Hunger Jam Benefit Concert

Suggested Time: Friday night

Duration: As long as the music keeps playing.

Objective: To celebrate the success of the week and to raise money for local, national, international hunger and homelessness groups. This is a time to celebrate your hard work and help to foster the sense of community.

How to:

1) Set goals. Decide how much money you want to raise and where you would like to donate it (see Money Distribution page 20).

2) Set committees -- logistics, publicity, and ticket sales/distribution.

3) Set a preliminary budget, with the goal of getting the band, facilities, sound system, and sound/light crews donated. Frequently reassess this budget. You will not always be able to get everything donated. If you decide to pay for pieces of the concert, be sure to calculate how many tickets you will have to sell in order to cover your costs and make sure it still makes sense to hold the concert.

3) Set the location/line up a sound system. There are several options:

A.) Look for an event already happening and approach the manager or organizer about making the event a benefit. In turn, your publicity will increase the turnout to their event.

B.) Consider working with a production group/ campus events office on campus. They may be able to line up a band and take care of logistics.

C.) If you can't get a production group/campus events office to help, find a place on campus or an all-ages club to host the concert.

4) Ask local bands to participate in the benefit concert. You can usually find a fairly well-known local band to play for free or cheaply. Be sure to tell them where you will donate the proceeds.

5) Sell tickets. Ask everyone in your group to commit to selling a certain number of tickets. Ask other groups to co-sponsor the event and commit to selling tickets. Set up a table in the main student union. Have a good publicity plan.

6) Publicity. Be creative. Get local radio stations to promote the event. Approach campus and community newspapers about writing an article and listing the event in the calendar section. Ask band members to promote the event at other shows they have and in radio interviews. Put up posters on campus, at local clubs, and at the location.

7) Be sure to recognize all the groups that donated space, goods, or services.

8) Make announcements at the concert about the issues of hunger and homelessness and what was accomplished during the Week.

Contacts:

NSCAHH
ATTN. Hunger and Homelessness Week
11965 Venice Blvd. #408
Los Angeles, CA 90066
(800)NO HUNGR

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CARE (Community Awareness Reflection Experience) Dinner

In 1993, Urban Outreach of North Park College planned and hosted its first CARE dinner. Urban Outreach hoped the Community Awareness Reflection Experience would help educate the students, faculty, and community of the hunger needs and issues existing in their own neighborhood. Participants of the CARE Dinner became aware of the hunger issues in the community through both character adoption and education. The experience vitalized interest and lead participants to search for ways in which they could take an active approach to meeting the needs of the community.

While hunger issues have always been a prevalent topic among concerned individuals and organizations, the issue is often explored at a global level. The CARE dinner brings the issue closer to home. The experience brings hunger to a local level by involving participants in situations modeled form the community. Participants are also given a chance to hear from and visit with speakers who are directly involved with organizations that are meeting the local hunger needs.

How to:

1) Set goals. Determine why you want to host the dinner (fundraiser, education, inspiration to act), whom you hope to reach, and what you hope the participants will leave thinking and feeling. Setting goals and defining your vision is essential to keeping your group's focus and feeling of togetherness.

2) Establish the following committees -- Community Research, Publicity and Recruitment, Logistics, Food, and Education/Reflection/ Advocacy.

3) Develop your timeline and plan, working backwards from the date you have set for the dinner. Allow yourself several weeks to plan the event.

4) Three types of meals should be served: 1) restaurant style for the middle class, 2) a grocery store meal for food stamp recipients, 3) a soup kitchen meal for the homeless.

5) Do research in your local community to determine the proportions of each of these elements to the population in your community.

6) Invite speakers to talk about the issues and the relevance of the CARE dinner.

Contacts:

CARE
Urban Outreach
3225 W. Foster Avenue
Chicago, IL 60625
(312) 244-5572

Hunger and Homelessness Week Follow-up and Evaluation

This information will help us to publicize how many students are involved on a national level, as well as give us information about how we can better assist you in future years. We will also highlight creative ideas and successful events in our next national newsletter.

Name_____ **Advisor Name** _____
Address_____ **City**_____ **State**____ **Zip**_____
Phone: Office _____ **Home**_____
Organization Name_____ **School**_____

Please list the events in which you participated. Please include # of participants, co-sponsors, money raised, speakers, and media coverage. Please send along articles and pictures.

Event: _____
Specifics:_____

Event: _____
Specifics: _____

Event: _____
Specifics: _____

Event: _____
Specifics: _____

Event: _____
Specifics: _____

What were the strengths of your H & H Week? _____
_____

What were the biggest obstacles or challenges?_____
_____

What suggested changes do you have to the Fall Organizing Manual? _____
_____

Other comments:_____
_____
_____

Please take ten minutes (or less) to complete and return this form. Call (800) NO-HUNGR with questions and return to NSCAHH 11965 Venice Blvd. #408 Los Angeles, CA 90066. Thank you.

Hunger in the United States

Scope of the Problem

* Hunger in the United States has increased by 50% since 1985.

* Hunger is a way of life for 27 million Americans.

* According to a survey of 30 major cities by the U.S. Conference of Mayors, during the past year, requests for emergency food assistance increased by an average of 12%. On average, 15% of the requests for emergency food assistance were unmet last year.

* Ten percent of the U.S. population is dependent upon food stamps.

Who are the Hungry?

* The majority of hungry families are working families. At least one household member is employed in 60 percent of hungry households and almost half of hungry households have at least one full-time employee.

* An estimated 12 million American children are hungry.

* Children from hungry families are significantly more likely to be anemic, to have asthma, allergies, and diarrhea, and to have frequent colds, ear infections, and other infections as children from non-hungry families.

Why are People Hungry in One of the World's Richest Nations?

There is plenty of food worldwide to feed the existing human population. In fact, the world produces 10% more food than is needed to feed everyone. Yet millions of people throughout the U.S. and the world exist without adequate food. The U.S. is one of the richest, most advanced nations in the world and could certainly end hunger.

The question then is, why are millions of Americans hungry? There are a variety of factors contributing to the problems of hunger and poverty.

Fundamentally, as a society we have not prioritized ending hunger and homelessness. Choices are made each day which contribute to the problem. Spending alone does not solve the problems of hunger and poverty but does contribute to solutions and is a reflection of the priorities of our society. Consider:

* In 1992, the U.S. spent $24.9 billion to jail 1.3 million prisoners -- a per prisoner expense of $20,072 -- while we spent approximately $307 per child participating in the school lunch program.

* Rather than buying 21 additional Trident II missiles, we could provide prenatal care for 2,127,000 low-income mothers.

We also need to develop healthy communities where each of us feels responsible for ourselves and cares for our neighbors and where individuals take an active role in decisions that are made. Students can provide leadership, vision and action to solve problems and provide services at the local level and to advocate for sustainable choices at the local and national levels.

Sources: Food Research and Action Center, Children's Defense Fund, Washington Monthly, U.S. Conference of Mayors, Congressional Hunger Center.

World Hunger

For millions of people, the fight against hunger is literally a matter of life and death. According to Oxfam, one billion people in the world are hungry. Some experts estimate that 20 million people, 13 million of whom are children, die each year from hunger-related causes. Approximately 35,000 children die each day.

Decisions about how we utilize natural resources, land, and government expenditures are often dominated by special interests interested in increasing their own profits rather than doing what is right.

We have the resources and knowledge needed to eliminate widespread hunger. Even with the current under-utilization and pollution of cultivatable land, the world produces enough grain to provide an adequate diet for every person on earth.

There are a range of political, economic, and environmental causes preventing the end of world hunger.

The Extent of the Problem:

* The loss of human life from hunger is greater than if an atomic bomb -- like the one that destroyed Hiroshima during World War II -- were to be dropped on a densely populated area every three days.

* Between 10 and 20 percent of the world's population, or more than double the population of the U.S., suffers from chronic malnutrition.

* With the exception of a large-scale nuclear war, there is no other type of disaster that even approaches hunger as a threat to human life.

* Currently, one child in three in the developing world is thought to be affected mentally or physically by persistent undernutrition and malnutrition.

Where are Hungry People?

It is obvious that hunger is not simply a matter of the quantity of food available; it is also a matter of distribution and of power. Food tends to go to the countries that derive profits from trading in and, in turn, to the people with the most money or influence.

* A disproportionately large number of the hungry live in sub-Saharan Africa, where nearly half the population can't afford enough food to work, and one-quarter cannot obtain enough food for adult subsistence and child growth.

* In Asia, 70 percent of the population lives in extreme poverty.

* As one of the richest and most developed nations in the world, hunger in the U.S. is at crisis levels with one in six children under age 12 suffering from persistent hunger.

Sources: Oxfam, Congressional Hunger Center, Bread for the World, Food First.

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Causes of Hunger

There are a series of political, economic, and environmental causes leading to hunger in the world.

Political Factors:

A disproportionate amount of government money goes to military purposes as opposed to agriculture, fishing, and preservation of natural resources. The United States and other rich nations make aid decisions based on political considerations. More than half of US foreign assistance is "security aid" going to military and political allies. Much of the rest goes to fund large infrastructure projects often built by US companies which return profits to U.S. shareholders rather than to local communities. Today US economic aid delivers 84 cents per capita to low-income countries, $4.25 to middle-income countries, $258 to high-income countries.

War devastates developing nations. Modern wars are often caused by ethnic conflicts or economic tensions. Uprisings often prevent food from getting to the people that need it and in some cases lack of food is used as a weapon. For example, there have been extreme food shortages in the former Yugoslavia and in parts of Africa due to civil wars.

Economic Factors:

Largely as a result of international trade imbalances, many developing countries, especially in Latin America and Africa, are faced with insupportable external debts which place tremendous burden on local economies and agricultural systems.

Furthermore, many developing countries continue to produce "cash crops," growing coffee, cocoa, sugar, and cotton to export instead of food for their families and countrymen. Large commercial farmers who grow cash crops, named because the crops are sold for money versus used for food, usually get good money for their harvests and buy up the best land. Small farmers who grow food for their families are left to poorer quality land that is difficult, sometimes impossible, to farm.

Furthermore, the small producers, such as Central American coffee growers, receive only a small fraction of the retail price of their coffee. Most of the earnings stay with the country of sale for transportation, processing, and high profits for middlemen and retailers.

Environmental Factors:

Economic pressures are forcing many farmers to adopt farming practices which meet short-term needs but cause long-term damage to the environment. Farmers feel pressure to farm the same land continually, instead of allowing the soil to rejuvenate. These lands then produce less and are especially vulnerable to erosion in the event of drought, floods, or heavy winds.

Furthermore, industries and people are deforesting lands to create new farmlands or for cattle ranching. Often, forests are clearcut leading to further erosion. Forests protect soil from wind and water erosion. Often the new farmland quickly becomes degraded.

The world's rainforests, rich in species, potential medicines, and other products, are being destroyed to grow cattle and food for cattle. Raising cattle takes a great deal of land, water, and other resources.

Only half the cultivatable land is actually farmed world-wide. Land continues to be lost to erosion, chemical pollution, and salinization and lost to highways, airports, and industrial uses.

Homelessness

The History of Homelessness:

Estimates show that between two and three million Americans are homeless today. While exact figures are difficult to determine all recent studies conclude that the problem has reached crisis proportions. A recent report by Missouri researchers found that 26 million individuals, 14% of the population, considered themselves homeless at some point in their lives.

Since the U.S. became an industrialized nation, periodically thousands, even millions have been driven to homelessness, through disasters, such as crop failure. Yet homelessness was nearly eliminated 1960's and 70's through federal housing programs.

When the Great Depression added millions to the ranks of the unemployed, the role of the federal government and our vision of the governments' responsibility toward the jobless changed. After World War II, the federal government stated "a decent home for every American" as a national goal, and initiated massive housing programs in order to make home ownership possible. The Housing Act of 1949 launched a national effort to eliminate substandard and inadequate housing throughout the United States.

These federal programs expanded in 1961, with legislation that subsidized programs for building and managing housing for low-income groups and home ownership by the poor. By the 1960's and 70's, the few remaining homeless people were mostly white, male alcoholics who lived in "skid row" areas. Even these people were able to find rooms in boarding houses and cheap hotels.

Homelessness exploded in the 80s, as federal funds were withdrawn from low-income housing, other federal assistance programs, programs for the mentally ill, and education. For example, between 1981 and 1986, funds to create new public housing were cut by over 75%.

This policy continues today as decisions are often made based on the interest of monied special interests versus the interest of the society at large. Therefore, spending for education, safety net programs, low-income housing has been cut while subsidies for polluting industries, military, and other corporations continues.

Who are the Homeless?

* The U.S. Conference of Mayors found that, during the past year, requests for emergency shelter increased in the 30 survey cities by an average of 13 percent. An average of 21 percent of the requests for emergency shelter by homeless people and one-fourth of the request by homeless families are estimated to have gone unmet during the last year.

* Families with children comprise 39 percent of and make up the fastest growing segment of the homeless population.

* Children account for one-fourth of the homeless population.

* On an average night, about one-half of the homeless population have been homeless for less than three months, and about one-quarter have been homeless for more than three years.

Sources: National Coalition for the Homeless, Homeless Information Exchange, Housing Now, U.S. Conference of Mayors.

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Common Myths and Facts About the Homeless

Myth: Most homeless people are mentally ill.
Fact: Approximately 30% of homeless people are mentally ill.

In the early 1960s reports of overcrowded, unsafe, and underfunded mental institutions came to light. Many mental patients were supposed to be released to smaller, community-based centers so they could adjust to living more independently and receive better care. However, many patients were released before the local programs were established or funded. In the 80's, funding for the mentally ill was severely cut. Therefore, many mentally ill people ended up homeless.

Also, it is important to note that extended periods of time living homeless leads to psychological and emotional instability and duress, compounding the problem and creating a greater demand for community facilities.

Myth: Most of the homeless are single, men.
Fact: Thirty-nine percent of the homeless are families with children. One million school-aged children are homeless. Families with children also make up the fastest growing members of the homeless population.

Homeless men may be more visible on city streets, since families are often in school, at work, or in shelters.

Myth: Homeless people want to live on the streets.
Fact: There are some homeless people that would prefer to live on the streets given their other options--dangerous shelters, overcrowded and unsanitary apartments, rooms in buildings which drug dealers use for their activities.

By being without permanent housing, people also lose self-respect and self-confidence. These feelings may lead them to conclude that they deserve or want to live on the street.

Homeless people are no different than anyone else, except that they do not have a home. Would you or I want to live on the street? Our answers are no different from most homeless people.

Myth: They are lazy and don't want to work.
Fact: Approximately a quarter of the homeless population is employed. The homeless who do not work often face unusual challenges when searching for a job:

* No permanent address or phone. Some shelters allow clients to receive phone calls and mail, but many homeless people do not have access to this type of arrangement. A prospective employer may not feel that the applicant is reliable and may believe that he or she will leave the job or town on a moment's notice. Even if an employer does not mind hiring a homeless applicant, he or she may have difficulty reaching the applicant.

* Lack of education or skills training. Some homeless individuals do not have the appropriate skills to secure jobs that will pay enough money to meet their basic needs. Many work in jobs which pay the national minimum wage. This wage has been the same since 1981 -- resulting in a 25% decrease in real wages, while the cost of living has risen 31% in the same time period.

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* Structural unemployment. As industries become obsolete, further automate, or move plants to other countries, having the one skill and job which you have held for most of your life taken away can lead to severe economic strains, which can eventually lead to homelessness.

Myth: Most homeless people are addicted to drugs or alcohol.
Fact: Approximately 25% of the homeless population suffers from some form of drug or alcohol addiction. Substance abuse affects millions of people, with and without homes.

The cutbacks on federal and state levels have reduced or eliminated adequate services for many people. Alcoholics require treatment suited to their individual circumstances, and for the homeless, the problems are further compounded.

Demographics of the Homeless

* 39% are families
* 30% are veterans
* 25% are addicted to drugs or alcohol
* 30% are chronically mentally ill
* 21% have experienced domestic violence
* 10% have a physical disability
* 25% are employed
* 25% are school-aged children
* 33% are 18 to 30 years old
* 34% are white
* 46% are black
* 15% are hispanic

Sources: Homeless Information Exchange, Housing Now, the National Coalition for the Homeless, and the U.S. Conference of Mayors.

Federal Food Assistance Programs

It was during the Great Depression that the federal government first used direct public resources to alleviate public suffering resulting from the failure of the U.S. economic system. This concept of welfare has today developed into an extensive number of federal food assistance programs. These programs are critical to helping people with short-term needs in the tragedy of hunger. Food assistance is aimed at preventing hunger during difficult times while people attempt to regain self-sufficiency.

Please note that as this goes to print, Congress debates changes that would have a significant impact on some or all of the programs below. Most advocates for the hungry and homeless agree with the need for reform, however, most are concerned that Congressional action could diminish the effectiveness of current programs, making it more difficult or impossible for people most in need.

Aid to Families with Dependent Children (AFDC)

Today AFDC is the major cash assistance program for families in financial need because of an absent, deceased, or incapacitated parent. States administer the AFDC program within broad federal guidelines.

Program's Successes:

AFDC helps families regain self-sufficiency after a difficult time. Most who participate in the program do so for a relatively short period of time, an average of less than two years.

Problems:

Benefit levels are low. Even with AFDC and food stamps, total incomes are 75% of poverty level. In nearly half the states, families with an unemployed father living at home are ineligible, prompting some families to separate so they can receive benefits.

Solutions Include:

AFDC needs to expand to include work incentive and education/training programs, and child support services. The federal government must reevaluate its priorities and increase funding to AFDC.

Food Stamps

The Food Stamp Program increases the purchasing power of low-income households by issuing coupons redeemable for food at retail stores. The coupons are distributed by the U.S. Department of Agriculture through state social services and welfare agencies.

Program's Successes:

The Food Stamp Program is an effective means of improving the nutritional status of Americans. USDA research has shown that food stamp recipients have more nutritious diets than low-income families not on food stamps.

Problems:

The Program does not reach 15 million eligible Americans (34%), since program policies often discourage public participation. Among these are excessive paper work in filing for food stamps, information barriers, lengthy delays and improper denials.

Solutions Include:

A system of outreach at the community level would help eligible recipients gain access to the program by providing program information, aiding in the application process, and helping to overcome the loopholes.

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Special Supplement Program for Women, Infants, and Children (WIC)

One in four babies in the U.S. is born into families living below the poverty line. Each year 40,000 infants die before their first birthday from hunger-related causes. The U.S. has the highest infant mortality rate of any industrialized nation.

A federal response to these tragedies came in 1972 with the establishment of the WIC Program. WIC is designed to improve the health and nutritional status of low-income pregnant, breast-feeding, and post-partum women, infants, and children under five by providing nutritious supplemental foods, nutrition education, and access to health services. Federal funding is allocated to state and local agencies which in turn administer the program.

Program's Successes:

Participation in WIC is shown to:
*decrease the numbers of premature births
*decrease the incidence of anemia
*decrease the infant mortality rate

WIC is cost-effective. One dollar spent on WIC save the U.S. Government more than $3.00 on health care costs later.

Problem:

Because of federal budget priorities, WIC suffers from a severe lack of funding. WIC is able to reach less than 48% of the eligible women, infants, and children. This reality threatens the well-being of our nation's future.

Solutions Include:

Making the WIC budget a mandatory program of the federal government would increase funding and allow for increased participation in WIC.

Child Nutrition Programs

Thirteen million children are living in poverty. The National School Lunch and Child Nutrition Act authorizes federal funds for several food programs for kids in school and other institutional settings. The programs include the National School Lunch, School Breakfast, Child Care Food, and Summer School Food programs.

Program's Successes:

Studies have firmly established links between good nutrition and learning. Low-income children who eat breakfast at school have been shown to achieve higher test scores than those who do not.

Problem:

Child Nutrition programs are often threatened with major cuts, each one eliminating millions of meals for needy children. Already many schools have been cut from these programs.

Solutions Include:

Increasing funds will increase the number of schools and kids who can participate.

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Resource Directory

Bread for the World
802 Rhode Island Avenue, NW
Washington, DC 20018
(202) 608-2400

Children's Defense Fund
25 East Street, NW
Washington, DC 20001
(202) 662-3589

Congressional Hunger Center
133 C Street, SE
Washington, DC 20003
(202) 547-7022

COOL
1511 K Street, NW, Suite 307
Washington, DC 20005
(202) 637-7004

Empty the Shelters
25 14th Street
San Francisco, CA 94103
(415) 703-0229

Food for All
112 East Olive Street
P.O. Box 1791
Redlands, CA
(800)876-6638

Food Research and Action Center
1875 Connecticut Avenue NW, Suite 540
Washington, DC 20009
(202) 986-2200

Habitat for Humanity
121 Habitat Street
Americus, GA 31709
(912) 924-6935

International Development Exchange
827 Valencia Street, #101
San Francisco, CA 94110
(415) 824-9394

National Coalition for the Homeless
1612 K Street, NW, Suite 1004
Washington, DC 20006
(202) 775-1322

National Low-Income Housing Coalition
1012 14th Street, NW, Suite 1200
Washington, DC 20005
(202) 662-1530

National Student Campaign Against Hunger and Homelessness
11965 Venice Blvd. #408
Los Angeles, CA 90066
(800) NO HUNGR
(310) 397-5270, ext. 324

Overseas Development Network
333 Valencia Street, Suite 330
San Francisco, CA 94103
(415) 431-4204

Oxfam America
26 West Street
Boston, MA 02111
800 597-FAST

Share Our Strength
1511 K Street, NW, Suite 940
Washington, DC 20005
(202) 393-2925

U.S. Committee on World Food Day
1001 22nd Street, NW
Washington, DC 20437
(202) 653-2404

World Hunger Year
505 8th Ave., 21st Floor
New York, NY 10016
(212) 629-8850

Publications and Merchandise Order Form

See page 8 for a description of the project manuals and newsletter.

Item	Price	Quantity	Total $
Hunger Cleanup Sponsor Sheet(s)	Free		
Hunger Cleanup Poster(s)	Free		
Hunger Cleanup Manual (one free/campus) extra copies	6.25		
Food Salvage Manual	6.25		
SPLASH Action Manual	6.25		
Setting A New Course	6.25		
Going Places	6.25		
Hunger and Homelessness Action: A Comprehensive Resource Book for Colleges and Universities	20.00		
Hunger and Homelessness Week Organizing Guide	6.25		
Students Making A Difference Newsletter (2 issues.)	15.00		
Fact Sheet Packet	2.00		
L or XL Cotton T-Shirt w/ Logo (New 1995 design.)	10.00		

Grand Total: _____

Name _____

Circle One: Student / Faculty / Administrator / Group

School _____

Student Year of Graduation _____ Campus Group _____

Address _____

City/State/Zip _____

Phone: Office _____ Home _____

Send to:
NSCAHH
11965 Venice Blvd. #408
Los Angeles, CA 90066

Please make checks out to NSCAHH. Call 800 NO HUNGR with any questions.

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